EPI Update for Friday, February 21, 2014 Center for Acute Disease Epidemiology (CADE) lowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- Norovirus prevention
- HPV vaccination support
- Antioxidant flavonoid therapy
- Meeting announcements and training opportunities

Norovirus prevention

Norovirus activity continues in Iowa. To reduce transmission, please instruct ill patients to stay home for 24 hours after their symptoms stop. Ill persons should not cook for others for at least 48 hours after their symptoms stop.

To access an environmental cleaning factsheet for norovirus, visit: www.idph.state.ia.us/idph_universalhelp/blob.aspx?ObjID={49BF87FD-D485-425C-BB82-8368C6FC6587}.

HPV vaccination support

The American Academy of Family Physicians (AAFP), American Academy of Pediatrics (AAP), American College of Obstetricians and Gynecologists (ACOG), American College of Physicians (ACP), and the Centers for Disease Control and Prevention (CDC) recently released a "Dear Colleague" letter that encourages providers to promote HPV vaccination.

Despite more than seven years of vaccine monitoring showing overwhelming evidence of HPV vaccine safety and effectiveness, HPV vaccination rates are not improving while rates for other adolescent vaccines are. Health provider recommendations are the key to increasing HPV vaccination rates. By improving the strength and consistency of HPV vaccination recommendations, more patients will be protected from HPV-associated cancers and disease.

For more information, visit: www.immunize.org/letter/recommend_hpv_vaccination.pdf

Antioxidant flavonoid therapy

In order to put a more flavorful light on the subject of eating chocolate after Valentine's Day, we offer the following: some research actually shows benefits for eating **real** chocolate. Nonfat cocoa solids in chocolate have high levels of "antioxidant flavonoids", two words that even SOUND healthy. Benefits of eating chocolate may include:

- Reduced heart disease:
- Decreased blood pressure;
- Increased insulin resistance; and
- Improved arterial blood flow.

Just make sure it's the good stuff. For more information, visit; www.webmd.com/diet/features/health-by-chocolate?page=2

Meeting announcements and training opportunities

None

Have a healthy and happy week! Center for Acute Disease Epidemiology lowa Department of Public Health 800-362-2736